

## CLAIMS

What is claimed is:

1. An external preparation for skin comprising an inositol derivative in which an inositol is combined with  
5 a saccharide.

2. The external preparation for skin according to claim 1, wherein the saccharide is a monosaccharide and/or an oligosaccharide.

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3. The external preparation for skin according to claim 2, wherein the monosaccharide and/or the oligosaccharide contains glucose as a constitutional unit.

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4. The external preparation for skin according to any one of claims 1 to 3, wherein the inositol of the inositol derivative is myo-inositol.

5. The external preparation for skin according to  
20 any one of claims 1 to 4, wherein the inositol derivative in which the inositol is combined with the saccharide constitutes 0.01 to 50% by mass of the preparation.

6. A cosmetic comprising the external preparation

for skin as described in any one of claims 1 to 5.